

HRC NEWS & VIEWS

Volume 11, Issue 4

April 2015

EMPLOYEE OF THE QUARTER PRESENTED

Drew Scott, Youth Security Specialist II is the Employee of the Quarter for April, May and June, 2015. Congratulations, Drew!



Drew was recognized by two co-workers. The first nomination stated: "Professional, effective and polite are just three words that come to mind when I think of Drew Scott, Youth Security Specialist II. Although I don't work directly with Scott on a daily basis, I have observed him in his inter-

actions with youth and during a work group meeting. Scott displays a no-nonsense attitude towards his work. His interactions with the youth are polite, yet stern to communicate that he is in charge of the youth assigned to his team. Drew also has a warm personality that does not intimidate you so that he can be approached with questions and for assistance.

Recently, Drew shared his knowledge of the USDA's My Plate, and voluntarily submitted an article for the employee newsletter, *HRC NEWS & VIEWS*. Drew offers to share his knowledge on health and

exercise with fellow employees and will answer any questions they may have.

I feel Drew demonstrates great work ethic, and is a team player worthy of recognition as Employee of the Quarter."

The second nomination read: "Drew is a very professional employee, and a good role model for new employees like me to follow. He also is always ready for work situations and shows great patience for difficult situations. Overall, he's a great fellow employee."

Keep up the great work, Drew!

ARBOR DAY FACTS BY CORINNE JENSEN

* The first Arbor Day in the world was held in the small, Spanish village of Villanueva de la Sierra in 1805. It was celebrated with a party that lasted three days. It was

a day people were encouraged to plant and care for trees.

* On April 10, 1872, an estimated one million trees were planted in Nebraska.

* Arbor Day is from Latin *arbor*, meaning tree.

* The first American Arbor Day originated in Nebraska City, NE.

April is

Alcohol Awareness Month

Celebrate Diversity Month

Keep America Beautiful Month

Donate Life Month

Occupational Therapy Month

Physical Wellness Month

Health Information Privacy and Security Week 13-18

National Volunteer Week 12-18

National Library Week 12-18

Administrative Professionals Week 19-25

Medical Laboratory Professionals Week 19-25

4/22 Earth Day

4/22 Administrative Professional's Day

4/24 Arbor Day



APRIL SHOWERS BY MARJ COLBURN

It's hard to believe that it's time to write another article! Looks like April came in like a lion with the storm we had – I heard there was a tree hit with lightning in Hastings that took the Fire Department 45 minutes to extinguish. Now that Mother Nature has THAT out of her system, maybe we can proceed with a quiet spring. And, yes, get some rain.

There has been a lot of tree activity on campus. Some of our trees that were damaged last year in the wind storms were taken down. There are still a few with fallen branches dangling from the tops of trees, but those will come out with the next round. The campus is starting to green up. We have some spots that will need some cleaning up for us to really look good. I'm hoping this year we get a jump start on the dandelions that seem to love the grounds out here.

We have had an extraordinary number of birds on campus lately too. I'm hearing that several staff have had "dive bombs" on their vehicles – I know I did! Maybe they are mad we are taking down some of their trees!

I did contact our architects. They were supposed to be on campus February 25th to meet with contractors, and start the bidding process

on the project. That meeting was postponed, and we hadn't heard anything since. I was told that the final draft plans were submitted to DAS on Friday March 27th, and once DAS gives their approval, the meeting on campus for contractors will again be scheduled. At that time the contractors are allowed to go into areas where they are interested in bidding to tour, and get an idea of the work involved.

State Patrol has again been on campus and will be doing several trainings over the summer. One will be an on-campus outdoor training, so I will be sure and let everyone know when that is happening. My understanding is the training for that event will be "low light" – early evening and into the night.

The 2nd floor team who won the food drive last month is now asking for a day of jeans for every pound they collected. Really – that's like 117 days? No keeping this crowd happy! We will find another activity, Kris, so you can wear jeans again.

Pam and Ruth have been asked to assist LRC as they have no transcriptionists on their staff right now. Peg has also been recruited to assist. An extra thank you to these ladies for assisting LRC.

We are continuing with interviews

for the Principal position. No matter how many times I ask Mr. B to stay on, he keeps saying it is time. I am hopeful that our new Principal can spend some quality time with Mr. B in orientation to learn all the complicated ropes associated with the school.

Several front line positions have been filled to get our staffing numbers up. We look forward to those individuals joining the rest of the team in working with the youth.

We recently received a significant payment from Probation for the youth. The process of billing and reimbursement has been slow. Because of that, HRC doesn't really have all of the excess funds it looks like we have – the budget report is what we should have. We have been dependent on LRC to get us over the hump while we were waiting for payment. Hopefully soon we will be balanced between payments and services provided.

With the Legislature back in session, and new Administrators on board in Lincoln, the Regional Center System is being asked for information about programs and services provided. We are submitting information as requested and hopefully transitions will go smoothly.

NEWS FROM THE 10,000 STEP-A-DAY CLUB BY CHRIS MARTIN

First of all, I would like to congratulate Jane Wells on walking more than 1 million steps so far. Second of all, I would like to congratulate all of those who are walking. Keep up the great work.

We still always have room for more walkers if anyone wants to join in.

All you have to do is sign your name on the poster in the copy room of building 3, and then keep track of how many steps you walk for a week at a time, and log those on the poster. We currently have 15 people in the Step Club, and all together since we started this the

week of January 12-18, 2015, we have accumulated a total of 8,757,193 steps. Super job everyone!

Keep on stepping!



LESSONS LEARNED BY JEAN LUTHER

The tornado drill held Wednesday, March 25th was observed by Chip Volcek, the Adams County Emergency Manager, and another staff member, Dawna Whitcomb. For Chip, it was like old home week as he was previously employed here.

The drill was announced to staff previously in emails, and the start time of the drill has been the same for several years. So, it was not surprising to see several staff members finding a spot on the floor in the ground floor corridor before the announcement of the warning was made. They brought snacks and wished for recliners. Thanks to the Clinical Team for postponing their team meetings until the drill was over.

Staff moved the storm cart from the storage room to the corridor, and when the announcement was made all staff and youth in the buildings moved to the ground floor corridor. Roll call was taken by the Youth Security Supervisor (YSS). There was some confusion about

the drill start time as the sirens did not sound when the warning was given by the Hastings dispatcher at the Command Center. We followed all necessary procedures, and then gave the "all clear" by two-way radio so staff could resume their duties. This was approved by the Adams County Emergency Manager. The sirens sounded later by direction of the Emergency Manager so spotters could determine if they were working appropriately.

After the drill, staff completed a form stating what didn't go well and any questions they had about procedures. Several staff mentioned the need to have the all clear given on the intercom and the radios as staff in some buildings do not have a two-way radio to receive the announcement. In the future, the switchboard personnel will give the all clear announcement when she returns to her desk, and this was added to the procedure card. The YSS cell phones receive code red alerts, but do not automatically receive a message when the warning

has expired.

There was also a problem concerning the weather alert radio reception. The radio in the switchboard has a lot of static, and the message is difficult to understand. The radio near the water ramp will work if the antenna is directed appropriately. There is a radio scanner in the switchboard that gives warnings, and this will be used by staff when a warning needs to be announced.

During any disaster or drill, each department is responsible to account for all their staff. The YSS's will account for their staff, and the youth. Staff in buildings other than building 3 who are here when there is no switchboard operator, are responsible for determining when warnings are issued and expired either by standard radio or two-way radio.

If you have any questions or concerns about tornado warning procedures, please contact Jean Luther at extension 3383.

Get your ID and password ready! Open Enrollment begins at 8:00 am, May 6th and ends 5:00 pm, May 20th. Randy will share more information as it becomes available. Contact Randy with any questions at ext. 3247.

YOU'RE A WINNER

- Thanks to Gary for managing the tree removal on campus—it's starting to look better!
- Thanks to Pam, Ruth and Peg for helping LRC with their transcription crisis.
- Thanks, Terry and Sandra for being creative and trying to keep all the vehicles from additional hail damage.
- Gina Dobbs was a BIG help in formatting a graph for the 2014 HJCDP statistics. Thanks so much!
- Thanks, Peg Weseman for your help with transcribing HRC notes to assist the HIM staff.

OUR VOLUNTEERS ROCK! THANKS FOR ALL YOU DO!

YOUTH FELLOWSHIP

Bruce, Sonny, Richard, Justin, Levi and Shane

SHERRY BLOCK

K-9 FRIENDS

**LIBRARIAN
KAREN BAISINGER**

CHRISTIAN OUTREACH TO RURAL NEBRASKA

MARCH GOOD CATCH WINNERS

Congratulations to the winners of the March Good Catch, Safety Survivor. Carolyn Johnson finished first with the most correct answers, and Carmen Novak placed second. Other prize winners were Kay Hoshaw and James Schulte.

Thanks to all the employees who participated!

Left to right: Kay Hoshaw, James Schulte, Carmen Novak and Carolyn Johnson. Photo by Grant Johnson.



IN PRAISE OF THE UNDERAPPRECIATED BY JOE TYE, VALUES COACH

My father passed away this past weekend. He died peacefully in his sleep surrounded by loved ones.

For the past several days, he was cared for by skilled long-term care nurses, and other professionals (a term which applies to the housekeepers and food service workers, every bit as much as it does to those with higher level degrees) at the Army Residence Community in San Antonio, Texas. And during his final days, he was attended by nurses from the Heart to Heart Hospice.

They all took great care of Dad, but they did more than that: They also took great care of my Mom during

the long days and nights that she spent with him, and they took great care of the rest of the family whenever we'd show up to visit, including our last visit this past weekend.

Long-term care and hospice don't receive the glamor treatment from the media. You're unlikely to see TV shows like *ER*, *House*, or even *General Hospital* set in a nursing home, but these professions are every bit as noble, and the people who work in them are every bit as dedicated and competent at what they do. And as the baby boomer generation ages, the work they do is going to become more important to mil-

lions of people who find themselves in need of that care.

Today, why don't you think about the underappreciated people who make your life easy, comfortable, and convenient. How much harder would your life be if you had to haul your own garbage to the dump? If you had to grow your own food? If you had to care for aging parents without the help of the nurses, the housekeepers, and the food service aides at a care facility?

Then tell them how much you appreciate them, and the contribution they make.

VOLUNTEERING: DO YOU HAVE AN HOUR OR TWO

BY RON CULBERSON, MSW, CSP, CPAE

Have you ever seen what happens in a group of first graders when the teacher says, "I need a volunteer"?

The hands shoot up like popcorn, and every kid wants to get picked.

In contrast, have you ever seen what happens in a group of adult learners when the instructor says, "I need a volunteer"?

The adults become quiet, stare at their books, or pull out their phones as if their lives depended on the most recent Tweet, Snapchat, or Facebook update.

It's curious how our view of this type of volunteering evolves from "pick me, pick me" to "for the love of humanity, please leave me alone."

As we get older, I believe we become a bit more self-conscious and less likely to put ourselves in the spotlight where we might be embarrassed (except for those of us who crave the spotlight which is a different issue). And further, I think

we don't like to be forced to participate. If I'm attending a class, the instructor is supposed to be the one working. I'd rather sit back and enjoy the experience, and sometimes even check Twitter, than be forced to participate.

But what about the more traditional idea of volunteering, as in community service? What prevents us from raising our hands to do that? I suspect it comes from the perception that we can't find the time or that we don't fully recognize the immediate need. Some reports indicate that volunteerism is down to its lowest point since 2002, so I believe there is an immediate need now more than ever. We just need to look beyond ourselves.

As a young social worker preparing for a career in the field of community service, I remember being taught to "look out for Number One because no one else will." The clear message was that we must take care of ourselves rather than focus-

ing too much on others or else someone might take advantage of us, and we might miss out on the opportunity to carve out the life that we deserve.

Ironically, research has shown that being focused on others actually leads to better health, and a greater sense of fulfillment. Plus, I believe it allows us to experience more breadth and depth in our human encounters. Plus, it can be a lot of fun.

I've been a volunteer all of my life. It has nothing to do with being altruistic and selfless, since I'm quite narcissistic, and have a great love for me, myself and I. Instead, I feel burdened when I think about people who have much more difficult circumstances than I do, and this motivates me to respond.

A few days ago, I had the opportunity to participate in the Nelson County, Virginia Mobile Food Pan-

(Continued on page 6)

VOLUNTEERING: DO YOU HAVE AN HOUR OR TWO? CONTINUED

(Continued from page 5)

try. Twice each month, a truck filled with carrots, cabbage, milk, potatoes, onions, and other food items pulls into a parking lot where 40 volunteers fill bags for over 150 individuals. It's quite an amazing operation. And what drew me to this opportunity was the thought that there are so many people in my community who need food, and further, that they will stand in line for a couple of hours just to get a bag of groceries that will certainly not last until the next food truck comes around. In a country of abundance, this reality was unsettling.

Since I travel quite a bit, when I'm home, I like to spend time with my family. It would be relatively easy for me to justify a lack of volunteer involvement due to my schedule — I just can't fit it in. But then it only takes a second for me to imagine how difficult it would be to wake up in the morning without enough food to eat, or enough wood to

heat my house, or a clean shirt to wear. The realization that many people don't have the very things that I take for granted, makes my time management issues seem much less significant.

So, when it comes to serving others, I think we don't really *find* the time to help, we must *make* the time to help. And what's cool is that when we allow ourselves to focus on others, it also benefits us. It is both physically and psychologically worthwhile which gives us a health balance in the way we manage our own lives.

If you're already involved in volunteering, great. Keep it up. If you're not, I strongly encourage you to consider how you might play a role in meeting the needs of the disadvantaged people in your community.

Here are some organizations you might consider as a way to find a match for your skills and interests. While this is not an exhaustive list, hopefully, it will give you some ide-

as.

- Department of Social Services
- Area Agency on Aging
- American Red Cross
- Hospice
- Town and city government
- Big Brothers/Big Sisters
- Local church or religious community
- Retirement communities and nursing homes
- Habitat for Humanity
- American Cancer Society

As children we love to volunteer. As we get older, we become a bit more reserved. But, that's when we need to step up because volunteering leads to greater fulfillment as we complete our lives. It requires, however, that we see the needs around us and help whenever we can.

Imagine a world where everyone volunteers.

NEWS FROM THE KITCHEN BY JEAN LUTHER

Bring on the remodeling! It can't happen soon enough for the staff in the kitchen. Some of the equipment seems to be on its last leg, and presents the dilemma of if we can no longer repair it, do we replace it or do things manually. Some of the equipment will be transferred, but some of it will be replaced. We're

hoping the air conditioning will work when the time comes.

With the help of staff in the kitchen, the new four week menu schedule will soon be available. This will be a menu year round, but with some additions and deletions depending on the seasons. One of the newest

additions is runzas. We piloted them a few weeks ago, and they went over in a big way with the group of youth we had at that time. Staff were very complimentary also. We will continue to use the current menus until the new menus are approved by the dietician.

UPDATE FROM MAINTENANCE BY GARY PEISIGER AND CHERI DELAY

Spring is on the way, and some days it even feels like summer is on the way. Maintenance staff have been busy getting the mowers ready for the day it might rain, and the grass starts to grow. The tree service came back and dropped 12

trees that were either dead, damaged or needed to be removed for parking. We still have many dead trees to work on for safety reasons.

No word on the start date for the remodeling project in Building

3. The new work order process is up and going. Still some bugs to work out. We will soon begin getting the AC ready in the kitchen, Administration Building and Building 3.

EMPLOYEE IN THE SPOTLIGHT BY GRANT JOHNSON



Breaking News! Youth Security Supervisor (YSS), Brett Hopkins, is April's employee in the spotlight! Brett has been with our awesome team at

HRC for nearly four years. Brett came to HRC to accept a coach position, and worked hard for eight months until he interviewed and was offered a YSS position. Brett told me that there is no such thing as a typical day for a youth security supervisor. At 12:30, Brett and the rest of the YSS team meet for a shift change report, and after that he either has Learning Committee, the YSS meeting or gets to work with the youth. In the evening, Brett covers for his co-workers and re-

lieves coaches so they can get their breaks in. Brett also tries to squeeze in his steward duties with his youth when he has a little bit of free time. I asked Brett to tell me one task he completes that not many people know about, and he replied, "I get the chance to review some of the programs such as Successful Living, and the tolerance groups. I created the tolerance groups using some of my social studies teaching background." Well done, Brett! When Brett was asked about his most memorable moment at HRC he said, "My first year here I got punched in the head, and was knocked out. When I came to, I really realized how much my co-workers cared about my well-being, and took care of me. I was grateful to receive such help." Brett then went on to tell me that during his free time he

spends a lot of time with his three year old daughter, and his wife. His hobbies include avoiding housework (unsuccessfully), watching every movie ever made, and playing golf when he gets the time. I wrapped up my discussion with Brett and asked him to share some words of wisdom with our new employees, and he stated, "You're going to get a lot thrown at you in a short amount of time, so take it all in. You'll pick up a lot more as you go. and the longer you're here. Also, don't forget to clock in and out!" I don't know if any more true words have ever been said in my articles, so good work, Brett! If you see Brett out and about, be sure to congratulate him for being this month's spotlight employee!

"Alone we can do so little; together we can do so much."

-Helen Keller

WELCOME NEW EMPLOYEES

HJCDP welcomes three new Youth Security Specialist IIs, Cindy Felix, Lindsey Shaffer and Tracy Gordon, to the team. We also welcome new Youth Security Supervisor, Shane Curfman. Please welcome our new employees with a warm hello!



Lindsey Shaffer



Cindy Felix



Shane Curfman



Tracy Gordon

CELEBRATING YOU!

Library Worker's Day

April 14th

Thank you, Karen Baisinger!

DIVERSITY MONTH



The Diversity Committee members, Randy Coil, Chris Martin, Grant Johnson, Pam Schwabauer, Cheri Delay and Connie Johnson recognize and encourage people's similarities and differences to carry out our mission to help people understand other cultures. Thanks for all your work!

ADMINISTRATIVE PROFESSIONAL'S DAY

APRIL 22ND



Thanks to Carolyn Johnson, Brenda Vap, Cheri Delay, Corinne Jensen, Carolyn Brown and Peg Weseman (not pictured) for all you do to keep things running smoothly.

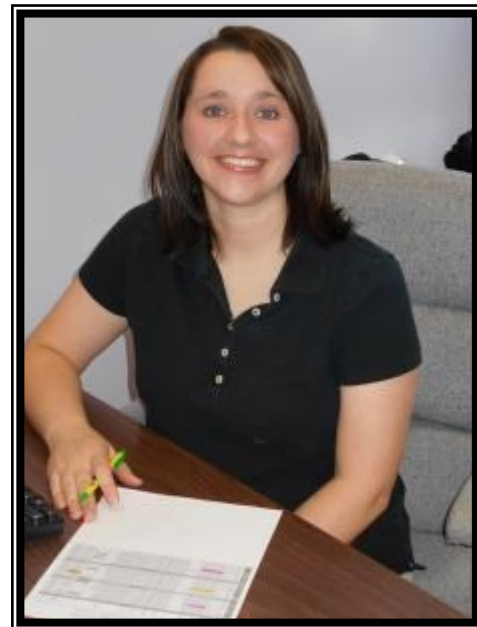
LAB PROFESSIONALS WEEK

APRIL 19–25



Thanks, Jean, for your work as HJCDP's Lab Phlebotomist.

OCCUPATIONAL THERAPY MONTH



Thanks to our consulting OTR, Jennifer Bangs, for her valuable service to the program.

HOUSEKEEPING NEWS BY MARY ANN KOCH

First of all, I have a lot of people to thank for getting me the help I needed when I fell, and dislocated and fractured my ankle. I realized in short order that I was not able to get up on my own. Thanks to all who came out to help me, at the risk of falling themselves. I'm grateful that no one else was injured. All the staff were very pro-

fessional and tried to make me as comfortable as possible while waiting for the ambulance. I don't want to mention names because I don't want to leave anyone out. I will tell you that there are a lot of caring people here at HRC, thanks again.

I have just come back to work after being off for two months, and everything is in great shape. Thanks to

the leadership of Donna Hartzell and the rest of the girls, I don't think they missed a beat. That's what comes from really good employees who know what they are doing.

I think that we are all looking forward to spring and great weather!

THE 8 HOUR DIET PLAN BY DREW SCOTT

Having trouble shedding that pesky spare tire? Can't lose those extra couple pounds to meet your goal? Here is a diet plan I tried for a month, and it worked pretty good for me. I have also used this with some of my soldiers that need to get in shape quick, and they had great results.

In the 8-hour diet plan, all your food intake is done in a strict time frame. Think of it as fasting. You only have eight hours to get your recommended intake, then you fast until it's time for you to "Break Fast". By doing this, you burn the calories and carbs ingested quicker. According to healthstatus.com you have to burn 3,500 more calories than taken in to burn one pound of fat! On average walking at three mph for 30 minutes only burns around 200 to 300 calories. (pending on your age and height/weight.)

How to do it

Make a strict schedule. The easiest

way I have found is to use my work schedule. All your food intake should be done at your most active times, then fast while you are inactive. During the active 8 hours you should eat 5-6 small meals in order to get your suggested calorie intake. (see my previous article). Fill the other 16 hours with sleep, exercise, and leisure time.

What to Eat

At each snack or meal, try to eat two of the so called Power foods: one Fatbuster and one Health booster. Fatbusters include: turkey, eggs, avocado, fish, lean cuts of beef, nuts, yogurt, beans, etc. Health boosters include: berries, oranges, apples, spinach, whole grains, oatmeal, basically all fruits and veggies. Tea and coffee have zero calories as long as you avoid the cream and sugar.

What not to Eat

Sugar! Stay away from sweets such

as cake, candy, soda, etc. Also. you are going to want to stay away from carb packed foods such as pasta, white rice and white breads.

Tips

Find an online calorie calculator. The site will most likely ask for your age, height, and weight. That will help you determine how many calories a day you should be consuming. If you are trying to lose weight take off 500 to 1,000 of these calories a day. Carry a notebook and record what you are eating throughout the day, and add up all your calories at the end of your eight hour period. This will also help you determine how long and intense to make your workout. Some helpful sites are: healthstatus.com, calorieking.com, caloriecount.com and myfitnesspal.com.

As usual if you have any questions or need some pointers, feel free to ask.

WHO DO YOU THINK WE ARE CONTEST

Join the fun by submitting your favorite photo of when you were five years of age or under, whether it be color or black and white, 3x5 or 4x6. Photos will be displayed in the Building 3 Mail Room and returned at the conclusion of the contest. Employees can guess who the photos are and be eligible for a prize. 1st, 2nd and 3rd place prizes will be awarded for the most correctly identified photos. Prizes are being donated by Kris Horton.

So, flip through those photo files, albums or boxes and submit your photos to Corinne Jensen before April 24th. Photos will be displayed April 28-30, and the winners announced on May 1st.

RUEBEN CASSEROLE *FROM THE KITCHEN OF PEG MOHLMAN*

6 slices of rye bread, cubed
1—16 oz. can sauerkraut, drained and rinsed
1 lb. deli sliced corned beef, cut into strips
3/4 cup Russian style salad dressing or thousand island
2 cups shredded Swiss cheese

Preheat oven to 400 degrees. Spray 9x13 pan with non-stick cooking spray. Spread kraut evenly over pan followed by layers of corn beef strips. Layer half the cheese on top of the beef and top with dressing. Spread bread cubes on top. Spray aluminum foil with cooking spray and use to cover baking dish (place sprayed foil side down on casserole). Bake for 20 minutes. Remove pan from oven and add the rest of the cheese. Bake uncovered for another 10 minutes or until cheese melts.

Enjoy this dish any time. It is also very good for left overs.

THANK YOU

We wanted to share the following letter with all employees. How ironic is it that this letter of appreciation is shared during the month we recognize our volunteers. Giving food to the local food pantry is an act of volunteering. Thanks again to everyone who participated.

HASTINGS FOOD PANTRY
P.O. BOX 216
HASTINGS, NE 68902

March 24, 2015

Hastings Regional Center:

We want to send a special letter to thank you for your generous donation of 300 pounds of groceries given to the Hastings Food Pantry. What a wonderful donation! So many people will be blessed with your giving. What a fun contest that must have been between the different floors! Congratulations on the winner!! And thanks so much for thinking about us as this helps so much!

It is only because of the donations of caring people like you that we are able to meet the needs of the hungry in our community.

Since 1982, the Hastings Food Pantry, an all-volunteer organization, has been privileged to serve Hastings and the surrounding area with emergency food. Again, we thank you for joining us in our efforts. This letter can be used as a receipt.

Thanks again and God bless!!

Hastings Food Pantry
Board of Directors

HRC EDITORIAL BOARD

Corinne Jensen, Editor – 3127
Marj Colburn, 3166
Carolyn Brown, 3295
Cheri Delay, 3223
Linda Weber, 3255
Jean Luther, 3383
Grant Johnson, 3342

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA

GOLDEN EGG WINNER!

Congratulations to Dr. Zoucha on finding the golden egg during the 2015 Easter Egg Hunt!

Thanks to Grant for hiding the eggs. We hope you all enjoyed the hunt.



SWEET POTATO PIE FROM THE KITCHEN OF CAROLYN JOHNSON

3 sweet potatoes	2 cups whole sugar
1 cup evaporated milk	1 stick butter
2 eggs	3 tbsp. flour
2 tsp. vanilla	2 tbsp. lemon juice
1/4 tsp. salt	2 tsp. nutmeg
1 tsp. cinnamon	1 tsp. allspice
1 "home-made" 9" pie crust	

Preheat oven to 350*. Boil or bake your sweet potatoes. Remove skins from potatoes after baking or skin and boil potatoes, drain, and beat with hand mixer. Remove any potato string from beaters and continue to beat until pie mix is smooth. Add sugar, milk, butter, eggs, flour, vanilla, lemon juice, salt, nutmeg, cinnamon and allspice, beat well with mixer. Taste to see if it's sweet enough for your liking. You can always add more sugar. Bake at 400* for 10 minutes and then 350* for 45 to 60 minutes. It will raise up and be puffy.

Remove from oven. Let it cool before serving with cool whip or whipped cream.

Enjoy!! And remember, I don't measure anything when I make this pie.



BIOMETRIC SCREENS AT HRC BY RANDY COIL

Hastings Regional Center will be hosting another On Site Biometric Screen on May 6, 2015 from 7:00 a.m. to 11:00 a.m. in Room 007. The Biometric Screen is a condition of the Wellness insurance plan that needs to be completed.

About the event:

The on-site screening takes approximately 30 minutes to complete, and includes height, weight, blood pressure, and finger stick blood draw for total cholesterol, HDL, LDL, triglycerides, and glucose.

At the end of the biometric screening, you speak with a health advisor who will review your biometric screening results, and inform you

about additional programs and resources available.

Fasting:

For the most accurate results, fast for a minimum of 8 hours (9-12 is recommended) before your biometric screening. Fasting means nothing to eat or drink, except water. If applicable, take all of your regular prescriptions as directed by your doctor.

If you don't fast before your biometric screening, the accuracy of glucose (blood sugar), triglycerides, and LDL results will be affected. Non-fasting results for glucose will be provided, but non-fasting results for triglycerides and LDL are not available.

Additional details:

Thoroughly wash your hands with warm water and soap before entering the screening to remove all lotions or oils from your hands in preparation for the finger stick.

Don't forget to add your appointment to your calendar (if you haven't already) and arrive at your scheduled time to ensure a smooth event for all your peers the day of the event.

If you have questions, please go to www.wellnessoptions.nebraska.gov.

If you would like to sign up for a time on May 6, 2015, please log on to the above website.